



## Public Health LOOK OUT!

- November is National Chronic Obstructive Pulmonary Disease (COPD) Awareness Month. [COPD](#) refers to a group of diseases that cause breathing related problems in millions of individuals in the United States and can lead to death. Although COPD does not have a cure it can be treated. Avoiding tobacco smoke and air pollutants is important for those with COPD. Quitting smoking and avoiding exposure to air pollutants can help prevent COPD.
- November is American Diabetes Month. This year's focus is on taking care of youth who have diabetes. The National Institute of Health reminds care givers to monitor for diabetes complications as early diagnosis can reduce the risk of heart disease, vision loss, nerve damage, and other related health problems. For more tips on caring for youth with diabetes visit: [niddk.nih.gov](http://niddk.nih.gov).
- U.S. Antibiotic Awareness Week (USAAW) is November 18-24. It is meant to bring awareness to the importance of proper antibiotic prescribing and use. Improper prescribing and use can lead to antibiotic resistance, Although antibiotics are critical tools for treating illness, improving the way we use them can help keep our community safe and healthy. For more information visit the [USAAW](#).

For the most recent information on COVID-19 in Florida please visit:

<https://floridahealthcovid19.gov/>

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Click the image to the left to watch the video.

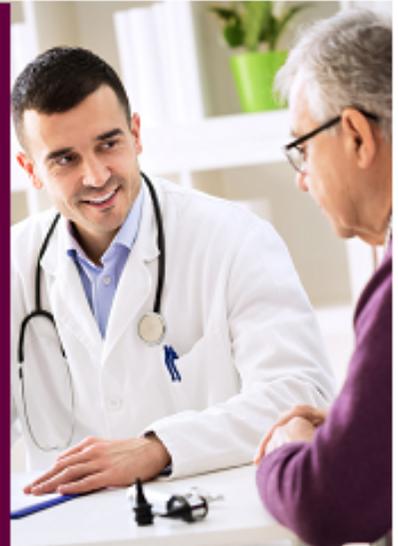
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## Information Series for Adults

# What You Need to Know About Diabetes and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. **Getting vaccinated is an important step in staying healthy.**



## Why Vaccines Are Important for You

Diabetes, even if well managed, can make it harder for your immune system to fight infections. If you have diabetes, you may be at risk for more serious complications from an illness compared to people without diabetes.

- Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. When you are sick, you need to monitor your blood sugar more often.
- People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.
- People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications to control your diabetes.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

## Getting Vaccinated

You regularly see your provider for diabetes care, and that is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit [www.healthcare.gov](http://www.healthcare.gov) to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).

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## What vaccines do you need?

**Flu vaccine** every year to protect against seasonal flu

**Pneumococcal vaccines** to protect against serious pneumococcal diseases

**Hepatitis B vaccine series** to protect against hepatitis B

**Tdap vaccine** to protect against tetanus, diphtheria, and pertussis (whooping cough)

**Zoster vaccine** to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your healthcare professional about what is right for you.

# DON'T WAIT. VACCINATE!



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

August 2018

## TAKING CARE OF **YOUTH** WHO **HAVE** **DIABETES**



### Follow these tips to help youth who have diabetes.

Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to work as a team with your child or teen and their health care team to develop a diabetes self-care plan.



#### Seek mental health support.

Encourage them to connect with other youth who have diabetes, stay alert for signs of feeling down and anxious, and be prepared to seek help with your youth.



#### Manage blood glucose levels.

Keep their blood glucose in the target range and make sure they take their medicines as prescribed to prevent or delay other health problems.



#### Monitor for diabetes complications.

Earlier diagnosis and treatment of complications, including heart, kidney, and eye diseases, can improve overall health.



#### Encourage healthy habits.

Try following a meal plan, get enough sleep, and aim for regular physical activity.



#### Stay prepared for emergencies.

Prepare for the unexpected by packing a "go kit" that includes medical supplies and equipment.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on managing diabetes.

Website  
[niddk.nih.gov](https://niddk.nih.gov)

Email  
[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

Phone  
1-800-860-8747

TTY  
1-866-569-1162

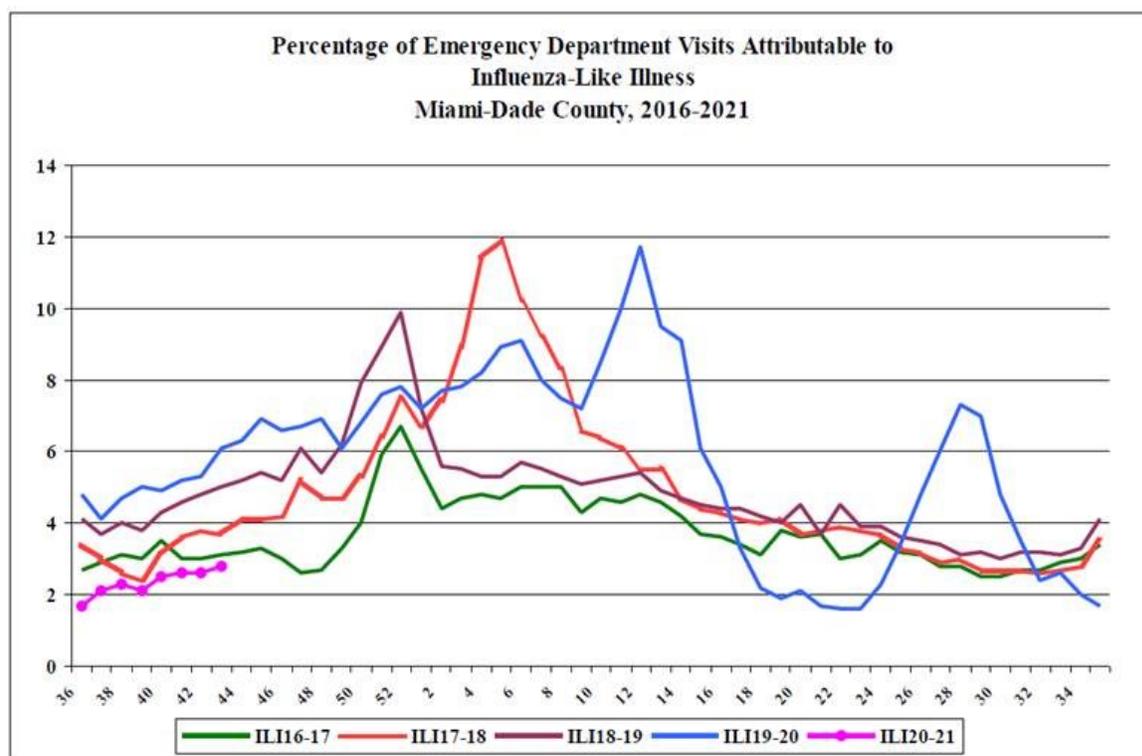
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# Florida Department of Health in Miami-Dade County Epidemiology, Disease Control and Immunization Services

## Influenza Like Illness Surveillance Report

On a daily basis, all of Miami-Dade County's emergency department (ED) hospitals electronically transmit ED data to the Florida Department of Health. This data is then categorized into 11 distinct syndromes. The influenza-like illness (ILI) syndrome consists of fever with either cough or sore throat. It can also include a chief complaint of "flu" or "ILI". This season's 2020-2021 data is compared to the previous 4 influenza seasons (2016-2017, 2017-2018, 2018-2019, 2019-2020).

### Influenza-Like-Illness, All Age



Across all ages, there were 28,481 ED visits; among them 796 (2.8%) were ILI. During the same week last year, 6.1% of ED visits were ILI.

### PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

#### Florida Department of Health in Miami-Dade County NEEDS Influenza Sentinel Providers!

Sentinel providers are key to the success of the Florida Department of Health's Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact  
**Stephanie Calle** at 305-470-5660.



# Miami-Dade County Monthly Report

## Select Reportable Disease/Conditions

### September 2020

Diseases/Conditions	2020 Current Month	2020 Year to Date	2019 Year to Date	2018 Year to Date
<b>HIV/AIDS</b>				
AIDS*	42	254	314	332
HIV	117	782	1053	984
<b>STD</b>				
Infectious Syphilis*	54	341	285	355
Chlamydia*	1084	8502	11239	9987
Gonorrhea*	511	3246	3557	3155
<b>TB</b>				
Tuberculosis**	6	54	91	88
<b>Epidemiology, Disease Control &amp; Immunization Services</b>				
<b>Epidemiology</b>				
Campylobacteriosis	56	416	664	621
Chikungunya Fever	0	0	0	1
Ciguatera Poisoning	3	10	39	27
Cryptosporidiosis	1	14	50	35
Cyclosporiasis	6	8	26	0
Dengue Fever	3	16	137	9
Escherichia coli, Shiga Toxin-Producing	0	34	112	136
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	13	84	135	135
Influenza, Pediatric Death	0	0	1	1
Legionellosis	5	21	39	44
Leptospirosis	0	0	0	1
Listeriosis	0	9	1	14
Lyme disease	0	3	3	4
Malaria	0	2	4	10
Meningitis (except aseptic)	0	4	6	8
Meningococcal Disease	0	2	3	0
Salmonella serotype Typhi (Typhoid Fever)	0	0	3	4
Salmonellosis	94	598	749	605
Shigellosis	5	26	128	62
Streptococcus Pneumoniae, invasive disease	3	40	15	14
Vibriosis	5	14	15	4
West Nile Fever	5	22	0	0
Zika Virus (non-congenital)	0	0	21	23
<b>Immunization Preventable Diseases</b>				
Measles	0	0	0	3
Mumps	1	2	55	7
Pertussis	0	9	28	13
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	2	0	0	0
<b>Hepatitis</b>				
Hepatitis A	1	11	30	13
Hepatitis B (Acute)	1	34	20	39
<b>Healthy Homes</b>				
Lead Poisoning	12	70	92	148

\*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

\*\* Data on tuberculosis are provisional at the county level.

Data on EDC-IS includes Confirmed and Probable cases.

## What's New at DOH Miami-Dade

- The Childhood Lead Poisoning Screening and Case Management Guide has been revised for 2020. For more information on lead prevention and for contact information please visit: [miamidade.floridahealth.gov](http://miamidade.floridahealth.gov)
- DOH Miami-Dade is under a mosquito borne illness alert. Three additional cases of West Nile virus infection of local transmission have been confirmed in Miami-Dade residents. As a form of surveillance residents are encouraged to report dead birds to: <http://legacy.myfwc.com/bird/default.asp>.
- To find a free COVID-19 testing location near you please visit: <https://www.miamidade.gov/global/initiatives/coronavirus/testing-locations.page>.



## Stay Safe this Halloween



### To report diseases and for information, call EDC-IS at:

Childhood Lead Poisoning Prevention Program	305-470-6877
Epidemiology and Disease Surveillance	305-470-5660
Hepatitis Program	305-470-5536
HIV/AIDS Program	305-470-6999
Immunization Services	305-470-5660
STD Program	305-575-5430
Tuberculosis Program	305-575-5415
Appointment Line	786-845-0550

### About the Epi Monthly Report

The Epi Monthly Report is a publication of the Florida Department of Health in Miami-Dade County: Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, please contact Vanessa Villamil at 305-470-5643 or [vanessa.villamil@flhealth.gov](mailto:vanessa.villamil@flhealth.gov).

